

DUBLIN COMMUNITY RECREATION CENTER

Water Fitness

Spring 2013

(April 1 – June 8, 2013)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 – 8:50 am Legs, Abs & Arms Donna Leisure Pool	8 – 8:50 am Deep Water Fitness Christiane Competition Pool	8 – 8:50 am Legs, Abs & Arms Donna Leisure Pool	8 – 8:50 am Deep Water Fitness Christiane Competition Pool	8 – 8:50 am Legs, Abs & Arms Donna Leisure Pool	8:30 – 9:20 am Shallow Water Donna Competition Pool
9 – 9:50 am Shallow Water Donna Leisure Pool	9 – 9:50 am Shallow Water Fitness Christiane Competition Pool	9 – 9:50 am Shallow Water Donna Leisure Pool	9 – 9:50 am Shallow Water Fitness Christiane Competition Pool	9 – 9:50 am Shallow Water Donna Leisure Pool	9:30 – 10:20 am Deep Water Fitness Donna Competition Pool
9 – 9:50 am Deep Water Fitness Barb Competition Pool		9 – 9:50 am Deep Water Fitness Barb Competition Pool		9 – 9:50 am Deep Water Fitness Barb Competition Pool	
10 – 10:50 am Shallow Water Barb Competition Pool		10 – 10:50 am Shallow Water Barb Competition Pool		10 – 10:50 am Shallow Water Barb Competition Pool	
11 – 11:50 am Arthritis Foundation Program Nicole Leisure Pool	11 – 11:50 am Arthritis Foundation Program Barb Leisure Pool	11 – 11:50 am Arthritis Foundation Program Nicole Leisure Pool	11 – 11:50 am Arthritis Foundation Program Barb Leisure Pool	11 – 11:50 am Arthritis Foundation Program Nicole Leisure Pool	
5:30 – 6:20 pm Water Walking Fitness Aubrey Lazy River		5:30 – 6:20 pm Water Walking Fitness Aubrey Lazy River			
6 – 6:50 pm Shallow Water Fitness Virginia Competition Pool	6 – 6:50 pm Shallow Water Fitness Darlene Leisure Pool	6 – 6:50 pm Shallow Water Fitness Virginia Competition Pool	6 – 6:50 pm Shallow Water Fitness Darlene Leisure Pool		
	7 – 7:50 pm Deep Water Fitness Darlene Competition Pool		7 – 7:50 pm Deep Water Fitness Darlene Competition Pool		



Class descriptions on back of page.

Please remember that classes are first-come, first-serve basis. Class capacities are determined by the equipment used, space available space, and patron safety. You may sign up for class 30 minutes beforehand, but no later than 10 minutes after the class starts.



**RECREATION
SERVICES**

****Instructors and their style of teaching may vary. Class size may be limited due to space available and available equipment. ****

Water Fitness Class Fees

	DCRC Member	Guest
Trial Pass	\$8.00	\$8.00
10 Class Pass	\$35.00	\$50.00
20 Class Pass	\$50.00	\$65.00
Unlimited Monthly Pass	\$40.00	\$50.00

DCRC Membership is not required to attend classes!

Water Fitness Class Descriptions

Arthritis Foundation Aquatic Exercise Program: The Arthritis Foundation program is designed to safely keep your joints moving and improve your sense of well-being. This program allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a trained instructor, help you gain strength and flexibility. All instructors are certified through the Arthritis Foundation.

Legs, Abs, and Arms: Work your abs without putting pressure on your back. Define your muscles by adding the weight and resistance of the water to your workout. This is a total body workout.

Deep Water Fitness: You will learn to use the water's resistance and buoyancy to increase muscle tone, endurance, and flexibility. This non-impact environment allows you to protect your joints while building cardiovascular fitness.

Shallow Water Fitness: Low-impact, water-specific exercises designed to progressively build strength, flexibility, and endurance in a refreshing and joint-supportive environment.

Teen Water Fitness: Try this fun new workout geared just for teens. Enjoy the music as you improve your overall health, physical appearance, self-esteem, and reduce stress. One thing is certain... you will have a blast!

Water Walking: Water walking is a great way to exercise while having fun. This instructor-led class is held in the current channel and uses the resistance of the water to build strength. Water shoes are highly recommended.



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